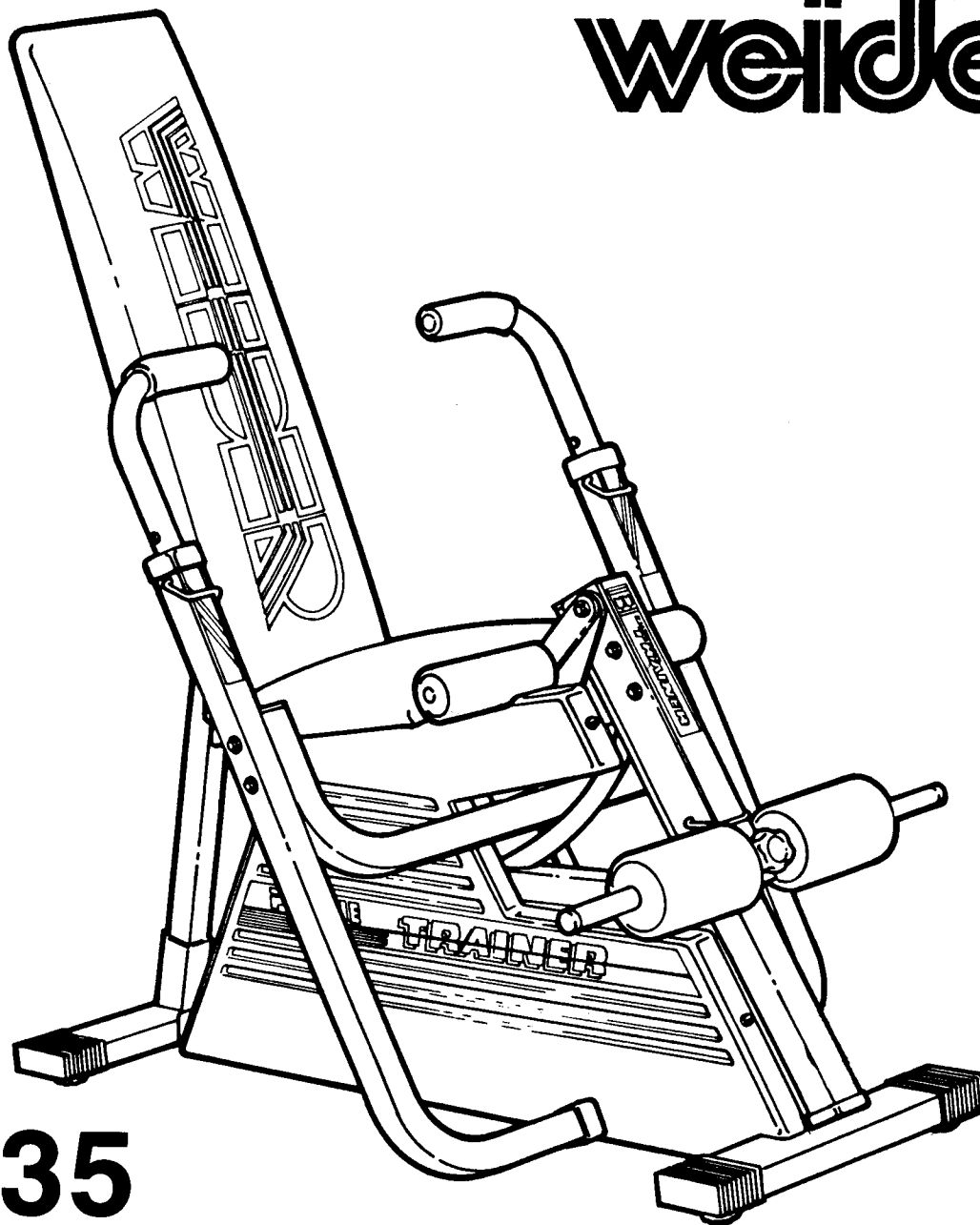


weider®



E-635
AIR POWER
TRAINER

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

NN-1100

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA, USA 91367

PARTS LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C2145-E07
2	SIDE FRAME	2	C2146-E07
3	TOP FRAME	1	C1178-D19
4	REAR FRAME SUPPORT (RIGHT)	1	C1179-D19
5	REAR FRAME SUPPORT (LEFT)	1	C1180-D19
6	REAR BASE FRAME	1	C1181-D19
7	BACKREST SUPPORT	1	C1182-D19
8	BACKREST TUBE	1	C1183-D19
9	SEAT	1	C1320-D19
10	BACKREST	1	C1319-D19
11	PLASTIC FRAME SHROUD (RIGHT)	1	C0614-D19
12	PLASTIC FRAME SHROUD (LEFT)	1	C0615-D19
13	LARGE PLASTIC COVER PLATE	1	C0616-D19
14	SMALL PLASTIC COVER PLATE	1	C0617-D19
15	PIVOT TUBE	1	C1184-D19
16	ROLLER BRACKET (FLAT)	2	C1185-D19
17	BENCH PRESS CROSS BRACE	1	C1186-D19
18	BENCH PRESS ARM	2	C1187-D19
19	BENCH PRESS HANDLES	2	C1188-D19
20	LEG EXTENSION ARM	1	C2148-E07
21	LEG EXTENSION COVER	1	C1190-D19
22	LATCH HOOK	1	C6900-D19
23	GAS PISTON	1	ZZ-0001
24	CHROME ROLLER BAR 24"	1	C6301-D19
26	FOAM ROLLER PAD 4" X 6"	2	C0438-D19
27	FOAM ROLLER PAD 2 1/2" X 7"	2	C0426-A14
28	PAD BAR 3/4" X 17"	1	C6302-D19
29	ROLLER BRACKET (ROUND)	1	C1191-D19
	HARDWARE BAG (NUTS & BOLTS)	1	C5833-D19
	HARDWARE BAG (PLASTICS & BRACKETS)	1	C5834-D19
25	PLASTIC KNOB	1	HH-5285
30	RUBBER FOOT	4	AA-8113
32	1 1/2" SQUARE PLASTIC CAP	3	AA-8001
33	2" SQUARE PLASTIC CAP	1	AA-8002
34	1 1/2" SQUARE OPEN END CAP	4	AA-8115
35	ANGLE BRACKET	1	C6901-D19
36	BACKREST "L" BRACKET	2	C6902-D19
37	2" DIAMETER ROLLER	1	AA-8116
38	SMALL LOCK PIN	2	WW-7002
39	FOAM GRIP 1 1/2" X 5"	2	C0438-D19
40	1 1/4" ROUND PLASTIC CAP	2	AA-8014
41	1 3/4" SQUARE PLASTIC COVER CAP	1	AA-8117
42	1" ROUND PLASTIC CAP	2	AA-8005
43	CAM ARM	1	C2147-E07

[illegible]

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.

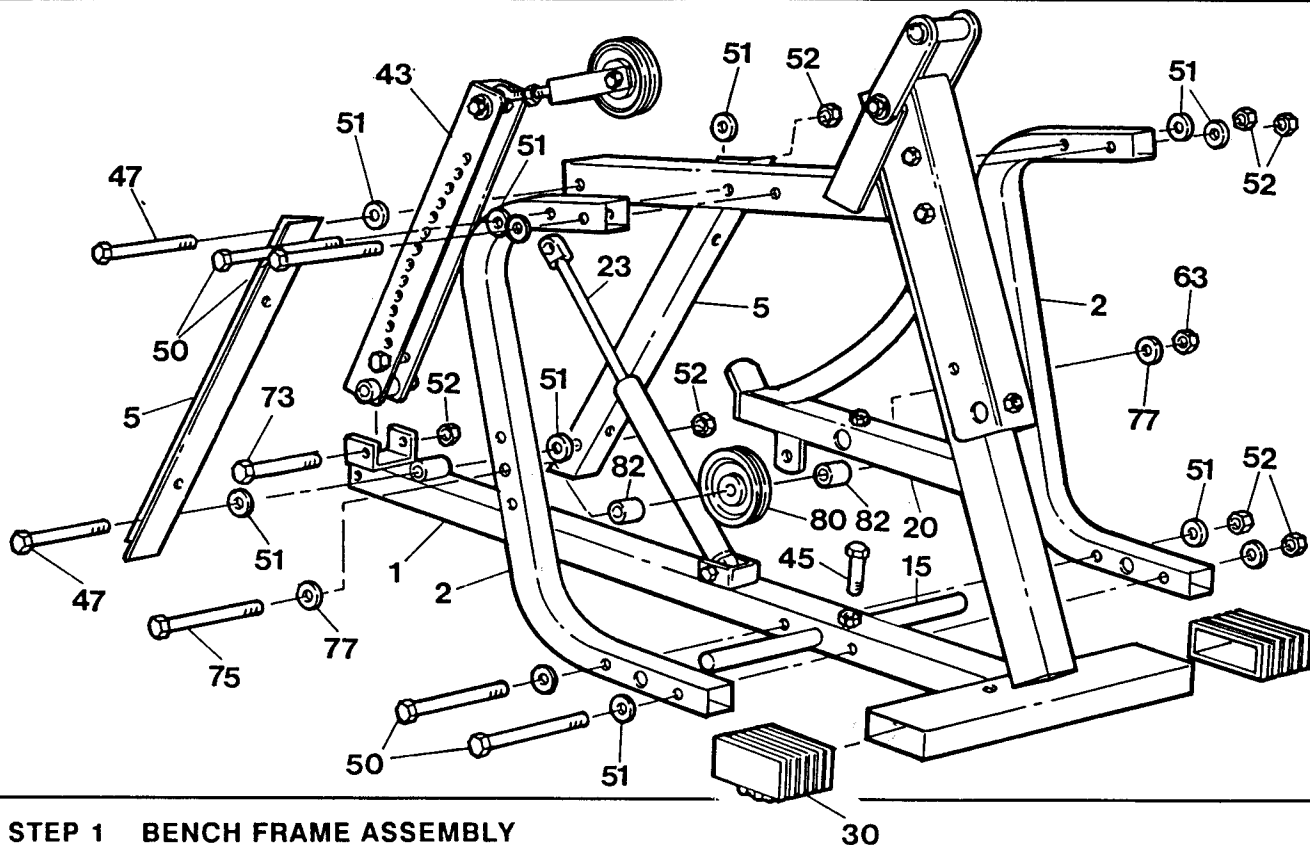
Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY THREE HOURS OF ASSEMBLY TIME.

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION. THE PLASTIC SHROUDS PROTECTING YOUR MACHINE SHOULD BE CLEANED PERIODICALLY WITH MILD SOAP AND WATER.



STEP 1 BENCH FRAME ASSEMBLY

HARDWARE

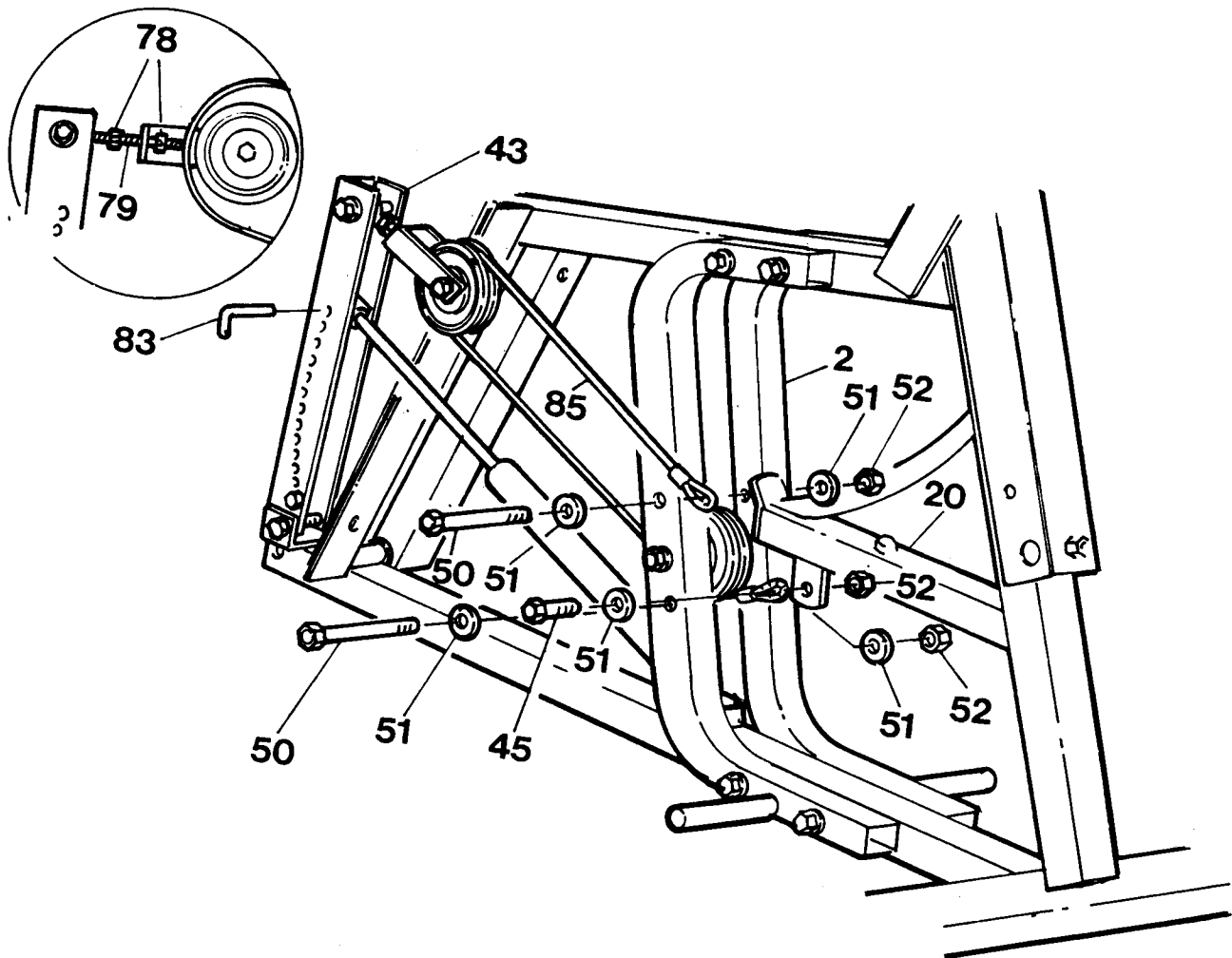
PART NAME	QTY
5/16" x 3/4" HEX HEAD BOLT	1
5/16" x 2 1/2" HEX HEAD BOLT	2
5/16" FLATWASHER	12
5/16" HEX LOCKNUT	9

- ☐ Position **CAM ARM (43)** within mounting bracket on rear of **BASE FRAME (1)** and bolt in place using **5/16" x 3" HEX HEAD BOLT (73)** and **5/16" HEX LOCKNUT (52)**
 - ☐ Position shaft of **GAZ PISTON (23)** within the channel of **CAM ARM (43)** so the pinning hole in head of shaft is in alignment with holes in Cam Arm.
 - ☐ Insert and center **PIVOT TUBE (15)** into **BASE FRAME (1)** and secure with **5/16" x 3/4" HEX HEAD BOLT (45)** into welded nut but do not tighten.
 - ☐ Press **RUBBER BASE FEET (30)** onto each end of Rectangular Base Frame Section.
 - ☐ Slide curved **SIDE FRAMES (2)** over **PIVOT TUBE (15)** and bolt to **BASE FRAME (1)** using **5/16" x 5 1/2" HEX HEAD BOLTS (50)**, **5/16" FLATWASHERS (51)**, and **5/16" HEX NUTS (52)**.
 - ☐ Make this and all subsequent connections in this step only moderately tight so adjustments can be made in a future step without loosening bolts.
 - ☐ Align bolt holes in **TOP FRAME ASSEMBLY (3)** and **SIDE FRAMES (2)** and assemble with **5/16" x 5 1/2" HEX HEAD BOLT (50)**, **5/16" FLATWASHERS (51)**, and **5/16" HEX NUTS (52)**.
 - ☐ **REMEMBER, DO NOT TIGHTEN!**
 - ☐ Assemble **REAR FRAME SUPPORTS (4)** and **(5)** to **TOP FRAME (3)** using **5/16" x 2 1/2" HEX HEAD BOLT (47)** **5/16" FLATWASHERS (51)** positioned between supports and frame, and **5/16" HEX LOCKNUT (52)**. Attach lower end of supports to **base frame (1)** using another **5/16" x 2 1/2" HEX HEAD BOLT (47)** with **5/16" FLATWASHERS (51)** between supports and mounting sleeve and securing with **5/16" HEX LOCKNUT (52)**.
- NOTE:** The bolt should pass through the tubular sleeve welded at the rear of the base frame. At this time tighten **3/4" HEX BOLT (63)** securing **PIVOT TUBE (15)**.
- ☐ Bolt a **3 1/2" PULLEY (80)** between the **SIDE FRAMES (2)** using a **3/8" x 5 1/2" HEX HEAD BOLT (75)** and **3/8" FLATWASHERS (77)** and **3/8" HEX LOCKNUT (63)**. Pulley is centered between the side frames with **1/2" LONG SPACERS (82)** on each side of pulley.

CABLE ASSEMBLY

HARDWARE

<u>PART NAME</u>	<u>QTY</u>	<u>PART NAME</u>	<u>QTY</u>
5/16" x 3/4" HEX HEAD BOLT	1	3/8" FLATWASHER	2
5/16" x 5 1/2" HEX HEAD BOLT	2	3/8" HEX LOCKNUT	1
5/16" FLAT WASHER	7	1/2" O.D. x 5/16" LONG SPACER	2
5/16" HEX LOCKNUT	3		
3/8" x 1 1/2" HEX HEAD BOLT	1	3 1/2" DIA. PULLEY	1
3/8" x 5 1/2" HEX HEAD BOLT	1	SELECTOR PIN	1



- ☐ Attach one end of **BRAIDED CABLE (85)** between side frames using a **5/16" x 5 1/2" HEX HEAD BOLT (50)** **5/16" FLATWASHERS (51)** and **5/16" HEX LOCKNUT (52)**.

IMPORTANT

NOTE: To keep straight alignment of cable, position cable on bolt so it nests within the pulley slot.

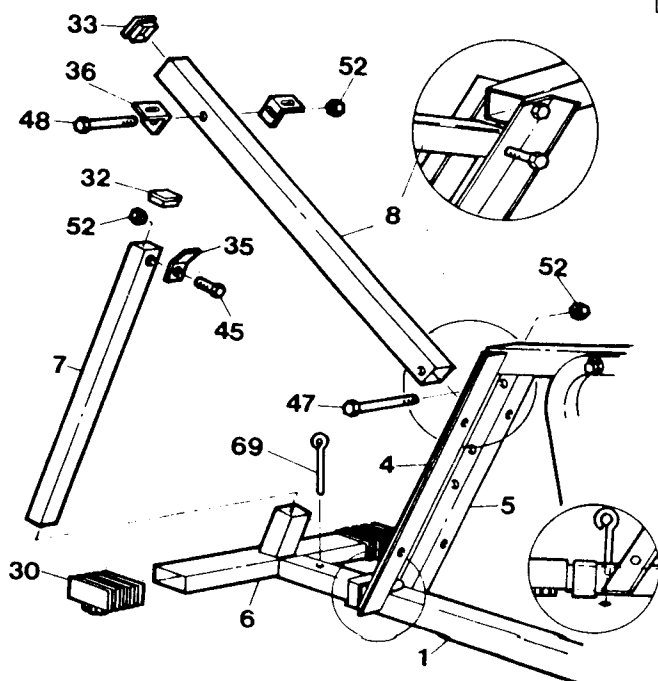
- ☐ Bring cable back over the pulley on the **CAM ARM (43)** and back to the front under the pulley between the side frames.
- ☐ Bolt end of cable to bracket on **LEG EXTENSION (20)** using a **5/16" x 3/4" HEX HEAD BOLT (45)**, **5/16" FLATWASHER (51)** and **5/16" HEX LOCKNUT (52)**. Make this connection only tight enough to snug cable to bracket but still allowing cable to swivel on bolt.
- ☐ Fasten another **5/16" x 5 1/2" HEX HEAD BOLT (50)** under pulley in **SIDE FRAMES (2)** using **5/16" FLATWASHERS (51)** and **5/16" HEX LOCKNUT (52)**. This bolt is used to trap cable into this slot of the pulley to insure it will not come off pulley.
- ☐ To adjust tension of cable, bring piston up to the highest positing in **CAM ARM** and pin in place with the **SELECTOR PIN (83)**. To do this you may have to adjust the nuts on the eyelet bolt pulley assembly to give enough slack.
- ☐ Once the gas piston has been pinned into the **CAM ARM** so it is fully extended, remove all slack from the cable by tightening the nut inside the pulley bracket back against this bracket. Once the slack is out and you have checked to make certain the cable is properly seated in pulleys, tighten the nut on the outside of the pulley bracket up tightly against the bracket. This should lock the bracket in position on the eyelet bolt. As the unit is used, it may be necessary at times to re-adjust the CAM pulley to take out whatever slack might occure. Always make certain that the pulley and bracket on the **CAM ARM** are in vertical alignment so the assembly can pass between the rear supports without hitting.
- ☐ Afix resistance scale decal (86) to back side of **CAM ARM** so 20 aligns with lowest pin position holes on **CAM ARM**.

STEP 2 REAR BASE ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" x 3/4" HEX HEAD BOLT	1
5/16" x 2 1/2" HEX HEAD BOLT	2
5/16" x 2 3/4" HEX HEAD BOLT	1
5/16" HEX NUT	3
1 1/2" SQUARE PLASTIC CAP	1
2" SQUARE PLASTIC CAP	1
EYELET PIN	1

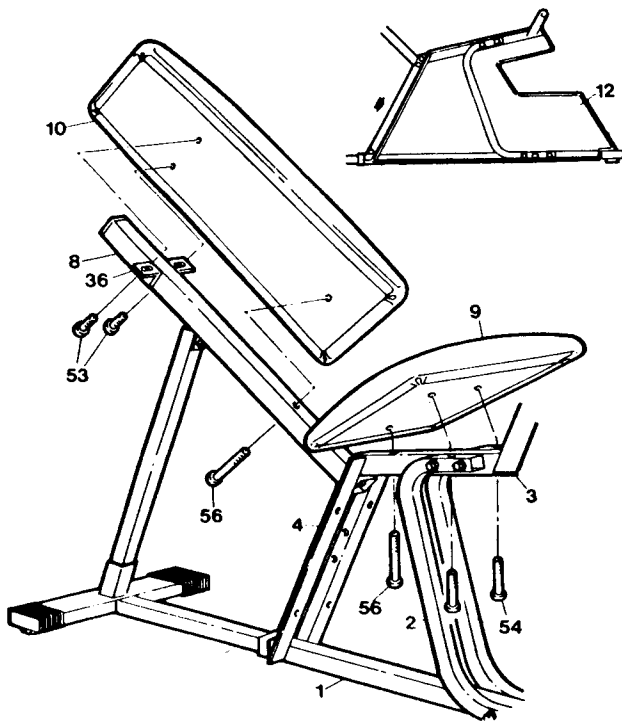
- ☐ Assemble two **RUBER BASE FEET (30)** to **REAR BASE FRAME (6)**. Slide this section into **MAIN BASE FRAME (1)**.
- ☐ Attach **ANGLE BRACKET (35)** to **BACKREST SUPPORT (7)** with **5/16" x 3/4" HEX HEAD BOLT (45)** and **5/16" HEX NUT (52)**. Press **1 1/2" SQUARE PLASTIC CAP (32)** into this end of Support Tube.
- ☐ Mount Support Tube into Holder on **REAR BASE FRAME (6)**.
- ☐ Position **BACKREST TUBE (8)** between **REAR SUPPORTS (4)** and **(5)** so that the three slots are facing down and attach with **5/16" x 2 1/2" HEX HEAD BOLT (47)** and **5/16" HEX LOCKNUT (52)**. A **5/16" FLATWASHER (51)** should be positioned on each side of the backrest tube between the tube and the rear supports. **DO NOT OVERTIGHTEN SO THAT BACKREST CAN PIVOT.**
- ☐ Loosely assemble **BACKREST BRACKETS (36)** to Backrest Tube with **5/16" X 2 3/4" HEX HEAD BOLT (48)** and **5/16" HEX NUT (52)**. Cap tube with **2" SQUARE PLASTIC CAP (33)**.
- ☐ **EYELET PIN (69)** should be inserted into the rear of the Base Frame and through the hole in the sliding Rear Base Frame when the Base is in its' fully compressed position. (SEE ILLUSTRATION)



STEP 3 SEAT AND BACKREST ASSEMBLY

HARDWARE

PART NAME	QTY
1/4" X 3/4" SLOT HEAD SCREW	2
1/4" X 2 1/4" SLOT HEAD SCREW	2
1/4" X 2 3/4" SLOT HEAD SCREW	2



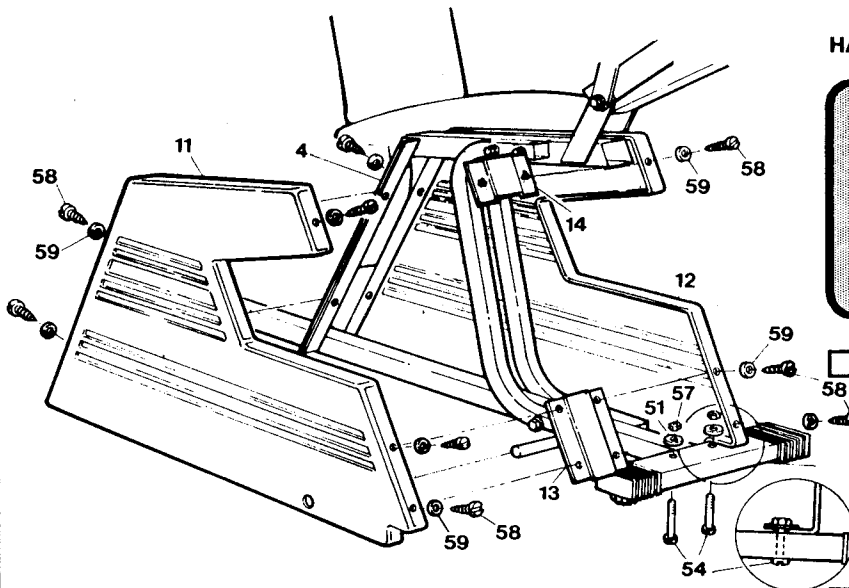
- ☐ Before assembling Seat, take one of the **PLASTIC SIDE COVERS (12)** and fit it to the frame so that the shroud is over the Curved Side Supports and up against the Rear Frame Support and forward against the Base Frame Front Foot.
- ☐ Adjust the Frame Members slightly if necessary to obtain the best fit.
- ☐ Securely tighten all bolts that were previously left untightened in Step 1.

- ☐ Align bolt holes in **SEAT (9)** with mounting holes in Frame Members. Using a 1/4" X 2 3/4" **SLOT HEAD SCREW (56)** through **TOP FRAME (3)**, attach rear of Seat.
- ☐ Using 1/4" X 2 1/4" **SLOT HEAD SCREWS (54)**, attach front of Seat through curved **SIDE FRAME (2)**.
- ☐ Make this attachment very loosely so shroud can be fit between Seat and Frame in a future step.
- ☐ Align holes in **BACKREST "L" BRACKETS (36)** with back of **BACKREST (10)** and attach with 1/4" X 3/4" **SLOT HEAD SCREWS (53)**.
- ☐ Attach bottom of Backrest to Backrest Tube using 1/4" X 2 3/4" **SLOT HEAD SCREW (56)**.
- ☐ Tighten Hex Bolt holding Backrest Angles to Backrest Bar securely.

STEP 4 ATTACHING PLASTIC SHROUDS

HARDWARE

PART NAME	QTY
5/32" #10 SELF TAPPING SCREW	10
5/32" FLAT WASHER	10
1/4" X 2 1/4" SLOT HEAD SCREW	2
1/4" HEX NUT	2
5/16" FLAT WASHER	2



☐ Position each **PLASTIC FRAME SHROUD (11)** and **(12)** over **Pivot Tube** so that they slip between the **Seat** and **Frame** and snugly over and against the **REAR SUPPORTS (4)** and **(5)**. Align holes in **Cover** with the mounting holes in the **Rear Supports** and attach with **5/32" SELF TAPPING SCREWS (58)**, and **5/32" FLAT WASHERS (59)**.

☐ Front of Shroud should fit tightly against **Front Foot** of **BASE FRAME (1)**.

- ☐ At this point, tighten the three **Seat Mounting Screws** under the **Seat** to firmly hold the top of shroud between the **Seat** and **Frame**.
- ☐ Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS (54)**, **5/16" FLAT WASHERS (51)**, and **1/4" HEX NUTS (57)** bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. **SEE DETAIL DRAWING!**
- ☐ Finally, insert the **LARGE PLASTIC COVER PLATE (13)** into lower portion of shrouds. Align holes and bolt together with **5/32" SELF TAPPING SCREWS (58)**, and **5/32" FLAT WASHERS (59)**.
- ☐ Insert **SMALL PLASTIC COVER PLATE (14)** behind upper portion of shroud and attach with **5/32" SELF TAPPING SCREWS (58)** and **5/32" FLAT WASHERS (59)**.

STEP 5 BENCH PRESS ASSEMBLY

HARDWARE

PART NAME	QTY
5/16" X 2 1/4" HEX HEAD BOLT	2
5/16" X 3 1/2" HEX HEAD BOLT	4
5/16" FLAT WASHER	8
5/16" HEX NUT	6
3/8" X 2 1/4" HEX HEAD BOLT	1
3/8" HEX NUT	1
1 1/2" SQUARE OPEN END PLASTIC CAP	4
1 1/2" SQUARE PLASTIC CAP	2
1 1/4" ROUND PLASTIC CAP	2
SMALL LOCKING PIN	2

☐ First, swing **Leg Extension Assembly** back over **Seat** to get it out of the way.

☐ Press 1 **1/2" SQUARE OPEN END PLASTIC CAP (34)** onto each end of **BENCH PRESS ARMS (18)**. Slide arms onto **PIVOT TUBE (15)** and up against **Plastic Shroud**.

☐ Next, assemble **ROLLER BRACKETS (16)** to the center tube on **BENCH PRESS CROSS BRACE (17)** with **5/16" X 2 1/4" HEX HEAD BOLTS (46)** and **5/16" HEX NUTS (52)** so the hole in the front is positioned downwards.

☐ Bolt the **2" DIAMETER ROLLER (37)** in position between the **Roller Brackets** using **3/8" X 2 1/4" HEX HEAD BOLT (62)** and **3/8" HEX NUT (63)**. Do not tighten enough to keep the roller from turning freely.

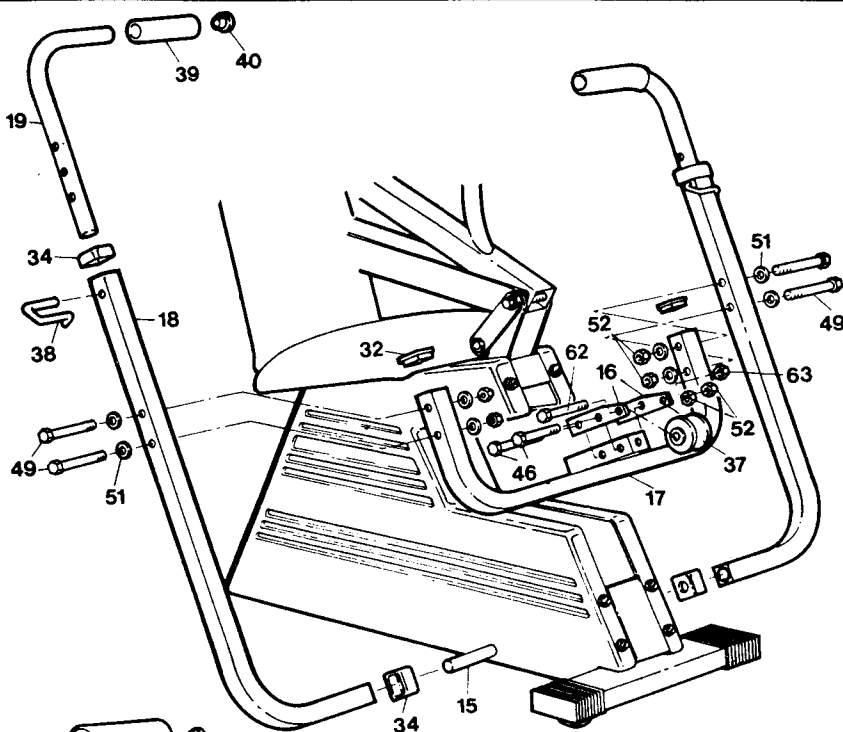
☐ Press 1 **1/2" SQUARE PLASTIC CAPS (32)** into ends of **Cross Brace**.

☐ Position Cross Brace into the open section of Shroud and attach to **BENCH PRESS ARMS (18)** using **5/16" X 3 1/2" HEX HEAD BOLTS (49)**, **5/16" FLAT WASHERS (51)**, and **5/16" HEX NUTS (52)**.

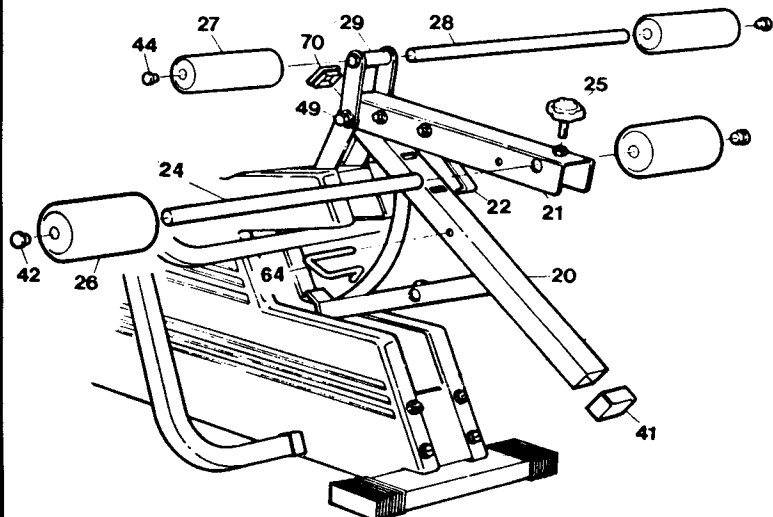
☐ Swing Leg Extension Assembly down slowly and align Roller with curved Cam Tube on Extension.

☐ Insert **BENCH PRESS HANDLES (19)** into Arms and pin into position using **SMALL LOCKING PINS (38)**.

☐ Slide **SMALL FOAM GRIPS (39)** onto handles and cap with **1 1/4" ROUND PLASTIC CAPS (40)**.



STEP 6 LEG EXTENSION ASSEMBLY



HARDWARE

PART NAME	QTY
1 3/4" SQUARE PLASTIC CAP	1
1 3/4" SQUARE PLASTIC COVER CAP	1
1" ROUND PLASTIC CAP	2
3/4" ROUND PLASTIC CAP	2
PLASTIC KNOB	1
LARGE LOCKING PIN	1

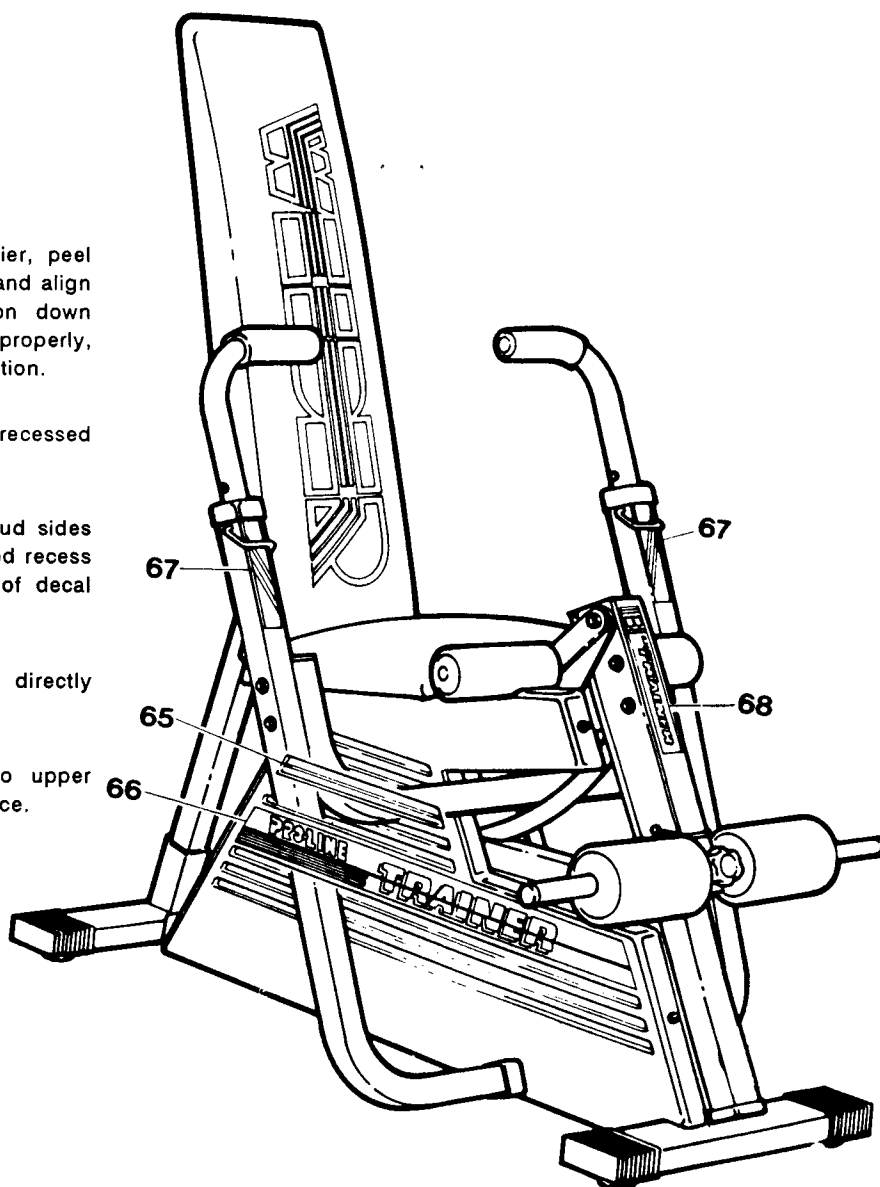
☐ To **LEG EXTENSION ARM (20)** insert **1 3/4" SQUARE PLASTIC CAP (70)** into top open end of leg extension and **1 3/4" SQUARE COVER CAP (41)** over lower end of leg extension.

☐ Check the tightness of **PIVOT BOLT (49)** and adjust if necessary, to allow for free arm action without excessive side movement.

- ☐ Press 3/4" **ROUND CAP (44)** into **PAD BAR (28)** ends and center bar through **BRACKET (29)**. Assemble 7" **FOAM PADS (27)** onto each end of **PAD BAR (28)**. (Using a small amount of liquid dish detergent wiped along the surface of the bar will make assembling pads easier.)
 - ☐ Insert **CHROME ROLLER BAR (24)** into lower hole in cover and center. Hold in place by screwing **PLASTIC KNOB (25)** through welded nut and against roller bar.
 - ☐ Press 4" X 6" **ROLLER PADS (26)** over roller bar and up against cover so that bar protrudes through about 5" on each side. (Using a small amount of liquid dish detergent wiped along the surface of the bar will make assembling pads easier.)
 - ☐ Insert 1" **ROUND PLASTIC CAPS (42)** into ends of bar.
 - ☐ Lower extension cover over leg extension and lock in place with **LARGE LOCK PIN (64)**.
- EZ-ON CLIP COLLAR (71)** is used to secure weights that are loaded on to **WEIGHT PIN (23)**.

STEP 7 DECAL ASSEMBLY

- ☐ **NOTE:** To make application of decals easier, peel only a small end section of backsheet back and align decal and press exposed adhesive section down against surface. If decal is positioned properly, remove remaining backing and finish application.
- ☐ Assemble 7/8" X 13" **STRIPE (65)** to upper recessed areas in plastic shroud.
- ☐ Affix **LARGE SHROUD DECAL (66)** to shroud sides by positioning decal about 1/2" above molded recess in bottom section of shroud. Align front of decal with molded stripes.
- ☐ Affix **BENCH PRESS DECAL (67)** to arms directly below bottom edge of plastic caps.
- ☐ Position **LEG EXTENSION DECAL (68)** to upper portion of extension cover and press into place.



REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST
SEND IN YOUR WARRANTY CARD**

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED
THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
MODEL NO. NAME OF PART ORDERING NUMBER

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.